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New power record set in province

ELECTRICITY Alberta's electricity demand broke records last night, hitting an all-time high of 10,046 megawatts and exceeding last year's mark of 9,806.

Dawn Delaney, spokesperson for Alberta Electric System Operator, said even with the record-setting usage, Alberta has adequate supply and power is not expected to go out.

It was expected the record would be broken as the heaviest demand for electricity generally occurs in the winter, according to director of forecasting Jeff Nish.

"A prolonged cold snap, reduced daylight hours and increased lighting are all factors that combine to push demand to record levels," he said.

KRISTA SYLVESTER/
METRO CALGARY

Flames **Board battle**

JEFF GROSS/GETTY IMAGES

The Calgary Flames' Daymond Langkow and Los Angeles Kings' Alexander Frolov battle for the puck in the first period at Staples Center yesterday in Los Angeles. For a complete game recap, visit metronews.ca/sports.

Ottawa under pressure

Protesters, petitioners make noise as climate talks kick off

Go Green

A brazen protest and a massive petition turned up the heat on the Harper government yesterday over its climate-change position as a major United Nations conference began in Copenhagen.

Climate negotiators sounded each other out as the 12-day summit opened in the Danish capital, with hopes high and obstacles lingering for a new global-warming deal.

"The clock has ticked down to zero," Yvo de Boer, the UN climate chief, said as he opened the conference. "After two years of negotiations, the time has come to deliver."

But back in Ottawa, authorities investigated how protesters in blue jumpsuits could scale two Parliament Hill buildings in broad daylight and unfurl huge banners.

Police arrested 20 people after the morning protest in which Greenpeace activists rappelled from the roof of the West Block building and unrolled banners targeting both Prime Minister Stephen Harper and Liberal Leader Michael Ignatieff for their climate-change policies.

The federal Tories say they won't sign any agreement to replace the Kyoto Protocol unless developing countries also adopt tough targets.

They also insist Canada must tie its policy to that of the U.S. because of the countries' extensive economic relationship.

The Harper government says it's waiting for the Obama administration to come out with a suite of policies to which Canada can synchronize its own.

Meanwhile, environmental groups released a petition yesterday signed by more than 150,000 Canadians calling for urgent action on climate change.

"Canadians are sending a clear message to the Harper government — we want climate action, we want to be part of the solution," Maude Barlow of the Council of Canadians said in a statement.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 9

Son sought after man critically injured

KRISTA SYLVESTER
krista.sylvester@metronews.ca

INVESTIGATION Police say a 30-year-old man is a "person of considerable interest" and may have information about a serious assault that left his 60-year-old father fighting for his life.

Police were called by a family member to a house in the 0-100 block of Castleglen Way NE early yesterday morning, and when they arrived, they found a man suffering significant trauma.

While police expressed hope, they said his condition deteriorated to "grave" and homicide investigators took over the investigation, spokesperson Kevin Brookwell said.

"It is vital we locate and speak to the victim's son as soon as possible ... we believe he has critical information," Brookwell said, adding the man lived in the home.

While other family members were home at the time of the incident, none of them witnessed what occurred, Brookwell added.

As the man is not officially a suspect, police cannot release his name, but they are asking anyone who spots a man driving a 2000 purple Honda Civic with Alberta licence plate YZW 915 to call police.

News on the Move

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Food pg 21

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Local

Medical torch bearer

Dr. Jean Rawling of Calgary will be one of 20 doctors from across Canada that will carry the Olympic torch for the Canadian Medical Association. Rawling, who promotes physical activity as a part of her primary prevention message, was chosen out of 450 doctors nominated by their colleagues. She will carry the torch in Cornwall, Ont., on Dec. 14. METRO CALGARY

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

News in brief

PROSTITUTION Charges of human trafficking have been dropped against a man accused of luring young women to Calgary for prostitution under the premise of modelling careers. Codie Toby Cardinal still faces charges of procuring a person to become a prostitute, living on the avails of prostitution and living on the avails of a prostitute under the age of 18, but the Crown said in court yesterday there wasn't enough evidence to support human trafficking charges. METRO CALGARY

Calgary tweets

- @CalgaryFoodBank 3,000 gorgeous new Christmas trees just arrived at the IKEA tree lot. A portion of every purchase will be donated to the Food Bank. #YYC
- @Ironic_Mom Just spilled hot tea on myself and my white duvet. Not like I need a duvet tonight, with it being -29 and all.
- @Derman1 Hey #calgarytransit. If you don't move your bus soon... I will deem it abandoned and I will go take possession. #yyc

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Tackling snow buildup

Ald. Ray Jones wants city to plow streets clear of drifts

DARREN KRAUSE
darren.krause@metronews.ca

Drifts of snow still disguise otherwise car-filled streets of some north Calgary neighbourhoods and render entrances and exits impassable.

While many of his constituents continue chipping away at the built-up snow and ice, Ward 5 Ald. Ray Jones will be asking council to come up with a plan to plow the 6,000 kilometres of residential streets.

"When you see on the news that people have snow drifts on their roads six feet deep for over a block long … you can't wait for the next Chinook," Jones said.

He suggests the city could dip into its fiscal sustainability reserve (FSR) to tackle the problem, and then look at ways to incorporate it into the city's operating budget.

"The figure I heard was 14 of the last 19 years we've gone over budget. It tells you that we're getting more snow events than we normally used to get," said Jones.

What Jones isn't convinced of is Calgarians' appetite for increased property taxes to get the job done.

Full residential service would cost an additional $88.5 million according to a city report, adding nearly 10 per cent to the average tax bill.

ROBIN KUNISKI/FOR METRO CALGARY

City of Calgary roads crews were on to priority residential streets after having cleared the main routes in the city after Friday's storm. Roads maintenance manager Dean Bell said they hope to have problem residential routes cleared by this morning.

Meanwhile, City of Calgary manager of roads maintenance, Dean Bell, said crews have been working around the clock to clear main roads and are now working to catch up between 30 and 40 troubled residential areas, based on their severity and incoming 311 complaints.

Bell said residential areas are more time consuming because in many cases the snow has to be removed.

"Snow removal is the most expensive and the most timely of our operations," Bell said.

"We don't want to go in and cause more trouble than there is already. We don't want to plow everybody in."

Bell expected many residential streets would be passable by this morning.

Progressing past partisan provincial politics

DARREN KRAUSE
darren.krause@metronews.ca

"This is not about the left versus right politics — it's more about how we move forward." Ken Chapman, organizer

REBOOT ALBERTA How exactly would you describe a "progressive" Albertan?

Eighty-nine Albertans from diverse social and political backgrounds met 10 days ago to determine what it meant to them, with the desire to re-define the direction for progressive thinking Albertans during Reboot Alberta.

"This is not about the left versus right politics — it's more about how we move forward and what's the progressive voice in Alberta," said one of the group's organizers, Ken Chapman.

"It comes in response to the direction some people see the politics in Alberta taking. Both the kind of nastiness and silliness that is there, but also the drift and shift to the right."

The event premise resonated with many, including Calgarian DJ Kelly.

"Progressive isn't a left or right thing. The definition of progressive my group came up with can easily be applied to any political party," Kelly said.

Kelly added he was surprised by the similarity in provincial problems — and minor differences in solutions — the participants described, despite coming from very diverse political backgrounds. They all wanted a part of shaping the province's future.

To that end, Chapman said the event achieved its goal.

"This was not a consensus-building exercise as much as it was a consciousness-raising exercise," he said.

The next meeting is expected at the end of February.

metronews.ca

WHAT'S ONLINE TODAY

Video Economy of Newfoundland town hit hard by EU ban on Canadian seal products at **metronews.ca/movies**

Your Money Allan Small on what impact America's surprising unemployment numbers could have on the markets at **metronews.ca/investing**

CALGARY OBITUARIES

CalgaryObits.com notes the following deaths in our community:

ADAIR, Clifford Willard (Cliff)
ALLISON, Madeleine
ARORA, Mohinder Singh
BERRIGAN, Claudia Lynne (nee McNeely)
BIG CROW, Rodney R.
BROWN, Eric Gordon
BURNS, Sister Joan
DUBOIS, Terrance Dwayne
FLAMAN, Madeleine
GREEN, John William James
HINTZ, Ernest (Ernie) Arthur
JINA, Dolatkhanu Sadrudin
JURASSA, Bela Endre (Bill)
KLUUN, Mike
MAJOR, Anton Sr.
MANNS, Susan Edith (nee Scrase)
MANYWOUNDS, Rena Kim
McCLELLAND, Thomas Bruce
McKEE, Margaret Hunter
O MURTAGH, Debra Veronica (nee McAlear)
ORR, Beverley (Bev) Clarence
PEILUCK, Victor
PEIRCE, Hubert (Bert) Charles
PLOEG, Gary, van der
POLLOCK, Mary Hunter (nee Baird)
SCHWAB, Mary Carmel (nee Curtis)
SEMINCHUK, Theodore Paul (Ted)
STEER, R. Yvonne (nee Leveque)
STREULEA, Dumitru
SUCHE, Robin Andrea
TIANGHA, Maria Nelinda (Indang)
TUFF, Yvonne Kathleen
WILLMENT, Joan
WOGAN, Elsie May

For full obituaries go to CalgaryObits.com

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City's water centre wins gold for green construction

The City of Calgary's water centre was recognized with a Gold LEED rating from the Canada Green Building Council for its innovation and sustainability, according to the City of Calgary. LEED stands for Leadership in Energy and Environmental Design. METRO NEWS SERVICES

Calgary in brief

RESEARCH Six University of Calgary research projects will be the recipients of nearly $22 million in provincial funding, Advanced Education Minister Doug Horner announced yesterday. The Alberta Science and Research Investment Program will endow the projects on wastewater, brain cell regeneration, Earth's atmosphere and Arctic navigation systems, among others, with the research funding. "The U of C is honoured by the support ASRIP has extended to our researchers," said Dr. Rose Goldstein, the University of Calgary's vice-president of research.

CONSTRUCTION The value of building permits in Canada rose 18 per cent in October to $6.1 billion, led by gains in the value of non-residential permits and in construction intentions for single-family dwellings. The total value of building permits increased in six provinces, led primarily by Alberta and Ontario. After four months of declines, the value of institutional building permits increased 50.9 per cent to $904 million, largely due to education-related projects in Alberta, Saskatchewan, Quebec and British Columbia.

METRO NEWS SERVICES

Freeze hasn't filled shelters

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Calgary's homeless shelters are busy but surprisingly not bursting at the seams — yet — during the current deep freeze, according to two organizations.

Spokespersons for both the Calgary Drop-In Centre and the Mustard Seed shelters say it's not quite as busy as last year at this time but both cite different reasons why.

Louise Gallagher said while the Drop-In Centre is busy and almost at its 1,250 person capacity, they are now better-equipped to handle the demand.

"The government stepped in and gave us some much-needed funding and we were able to hire more staff so it's more efficient and safer for everyone," she said.

Gallagher added that the ratio changed from one staff member for every 100 people to one staff member for every 50 this year.

"We will always find room somewhere, somehow; we will never turn anyone away."

Courtney Fliss of the Mustard Seed said the shelters are at 90 per cent capacity so far, which is less busy than last year during the cold. "There are a few factors, a lot of our clients are working during the day and we also place 30 people per month into a housing program so that frees up some room as well," she said.

ROBIN KUNISKY/FOR METRO CALGARY

Calgary's homeless population are at greater risk when the mercury plummets — but the city's homeless organizations say there's still room for those who may still be spending the bitter cold nights on the street.

Donations

- Both shelters are in urgent need of socks, gloves and warm jacket donations.

'Blue team' take My Rona Home contest

CONTEST It was 10 weeks in the making and one tight race, but a Calgary family is ready to move mortgage-free into the new home they built.

Citytv's My Rona Home blue team winners Vernon McCarty, 25 and Crystal Cottrell, 24 are home free after winning the reality TV competition over yellow team Nicola and James Mooney.

"We are fantastic; we are feeling so good and happy. It was really nerve-wracking leading up to when we won," McCarty said from their Airdrie townhouse.

The blue team won their house by one vote and now gets to move in mortgage free with all of the contents inside — hopefully by Christmas, says Cottrell.

"We really want to get settled in for Christmas and just enjoy time with our family and our new home," Cottrell said, adding they are just finishing up the legalities.

KRISTA SYLVESTER/METRO CALGARY

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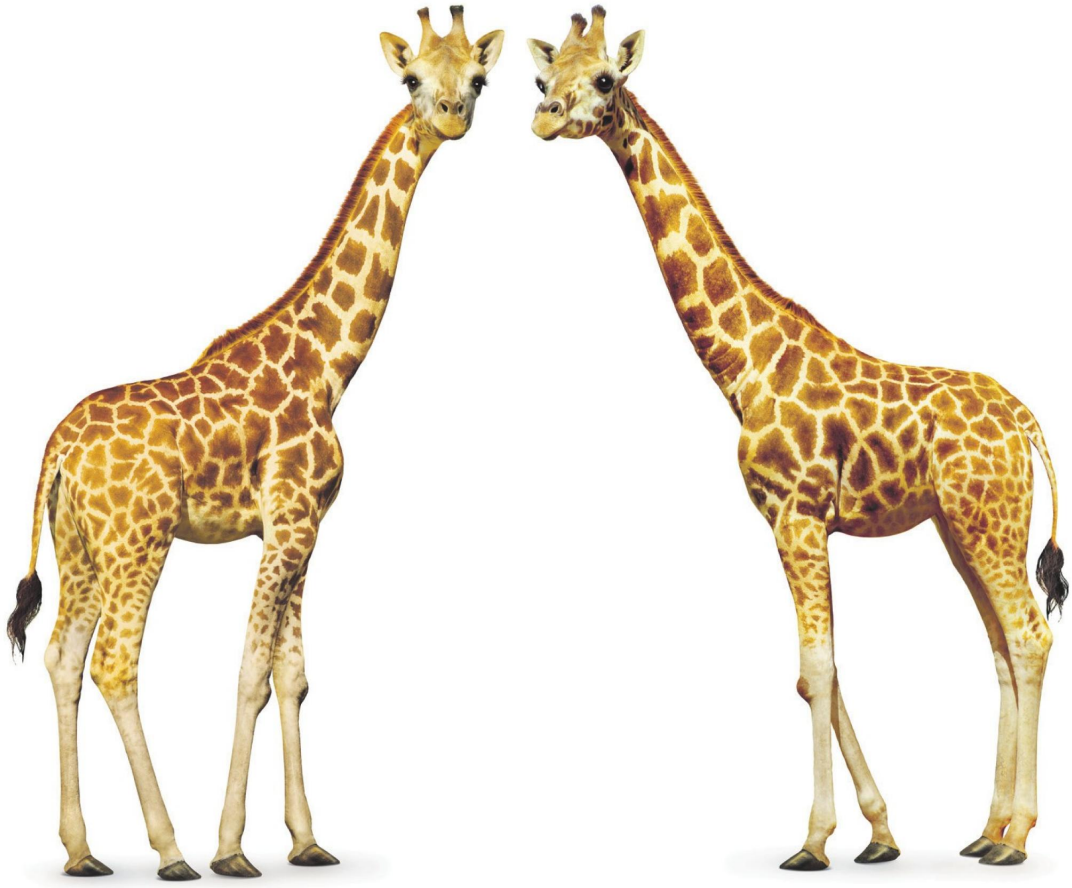

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Diabetes numbers expected to rise

The number of Canadians diagnosed with diabetes and its cost to the economy are expected to soar over the next decade, says a report by the Canadian Diabetes Association, which is calling for urgent action to stem the tide of disease. THE CANADIAN PRESS

Canada

Minister found guilty in fraud case

Former Newfoundland and Labrador Liberal cabinet minister Jim Walsh, left, was found guilty yesterday of two of three charges for his role in the province's constituency allowance spending scandal. Provincial court Judge David Orr convicted Walsh of fraud over $5,000 and breach of trust by a public officer. Walsh was acquitted on a charge of frauds on government, also known as influence peddling. THE CANADIAN PRESS

Harper tries to woo S. Korea

Prime minister looking to Asian nation for future economic growth

Canada must look to the East for economic opportunities because its traditional trading partners, the U.S. and Europe, will be mired in slow growth for some time, Prime Minister Stephen Harper said yesterday as he wrapped up his visit to South Korea.

Harper said Asia is becoming the world's economic engine and Canada has the natural resources the region needs to fuel its economies.

"We have every reason to believe that the markets in the United States and Europe ... will probably experience continued slower growth for some time to come," Harper said.

"So the great opportunity is obviously in the Asia-Pacific region."

Besides resources, Harper said Canada has other advantages, like deep cultural links that "should give us somewhat of a privileged position as we move forward into the future."

The prime minister commented after a two-hour meeting with Korean President Lee Myung-bak at the conclusion of what has been a sometimes rocky six-day tour of China and South Korea.

> **"The great opportunity is obviously in the Asia-Pacific region."**
> PM Stephen Harper

Harper and Lee emerged from their talks at the palatial Blue House in downtown Seoul proclaiming they would redouble efforts to reach a comprehensive trade deal that has eluded the two nations for years.

Both also pledged to work on lifting the six-year import ban on Canadian beef, although Lee noted it is a "sensitive issue" in Korea.

Talks on both issues have met strong domestic lobbies — the auto sector in Canada, which complains it is being deprived access to Korean markets, and Korean farmers seeking protection from importers.

Though promises were made, there were no breakthroughs for Harper in South Korea during his one-day visit, which was highlighted by his address to the national assembly — a first for a Canadian prime minister. THE CANADIAN PRESS

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SCANLIFE

Barack Obama dispatches a top envoy to North Korea in an effort to ease tensions on the peninsula. Scan this barcode for the full article.

Opioid deaths soar in past decade: Study

HEALTH A new study says accidental deaths due to opioid use in Ontario have soared over the past couple of decades.

The study says there's been a five-fold increase in deaths linked to oxycodone use since OxyContin, which is a slow-release version of the opioid, came on the market.

The researchers say opioid-related deaths claim more people each year in Ontario than HIV.

The study, published in the Canadian Medical Association Journal, says most of the deaths appear to be unintentional.

In fact, just under a quarter of the 3,400 opioid-related deaths appear to have been suicide.

A commentary suggests too many of these drugs may be being dispensed in Canada, noting the per-capita rate of use here is five times that of the United Kingdom.

THE CANADIAN PRESS

Lindhout has left Nairobi, family spokesperson says

FREED A family spokeswoman confirmed yesterday that an Alberta woman recently freed after 15 months of captivity in Somalia is returning to Canada this week.

Sarah Geddes said in an email freelance journalist Amanda Lindhout and her family have left Nairobi.

Geddes said no other details are being released because the family has requested privacy.

Reports have suggested that the Canadian government would send a plane to Kenya to bring her home, but Foreign Affairs officials citing privacy concerns have not commented.

Lindhout and Australian photographer Nigel Brennan had been staying in Nairobi for medical treatment since they were freed Nov. 25. THE CANADIAN PRESS

NDP unites in attempt to stop harmonized tax

HST As HST legislation moves closer to passing in both Ottawa and at Queen's Park, NDP leaders are warning the new levy will help Bay Street on the backs of Main Street.

Ontario NDP Leader Andrea Horwath and B.C. NDP Leader Carole James joined federal leader Jack Layton yesterday in solidarity against the harmonized sales tax, which melds provincial sales taxes with the federal GST.

"It's basically kicking people when they are already down in terms of their financial situation," Horwath said. "Ontarians have loudly and clearly rejected the idea of shifting the tax burden onto the backs of consumers while giving the corporate sector a huge tax giveaway."

She and James emphasized the overwhelming majority of taxpayers in both provinces oppose the tax, which will increase levies on hundreds of goods and services, including home heating fuel, gasoline, taxi fares, haircuts and legal fees.

But HST supporters say it will reduce taxes for businesses and those savings could be used to hire more employees.

In Ontario the levy will be 13 per cent, while in B.C. it will be 12 per cent. The tax will take effect on July 1 in both provinces.

Last week, in a 192-32 vote, the Conservatives, Liberals and Bloc Québécois supported a ways-and-means motion amending the Excise Tax Act, one step toward implementing the blended tax.

Federal governments of various stripes have been urging the provinces for years to harmonize the GST and provincial sales taxes. TORSTAR NEWS SERVICE

FRED CHARTRAND/THE CANADIAN PRESS

Ontario NDP Leader Andrea Horwath, left, federal NDP Leader Jack Layton and British Columbia NDP Leader Carole James express their opposition to the HST being imposed on families in their respective provinces, in Ottawa yesterday.

News in brief

OILSANDS An independent study suggests that pollution from Alberta's oilsands is nearly five times greater than official estimates. The study says toxic emissions from the controversial industry are the equivalent of a major oil spill repeated every year. Government and industry officials have said contamination in the area's soil and rivers occurs naturally, but the report links it firmly to oilsands mining. Report author David Schindler says overall levels of chemicals are still low.

THE CANADIAN PRESS

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Yukon sends 12 people to Denmark climate talks
When a dozen delegates from the Yukon land in Denmark, they will be part of the best-represented jurisdictions in Canada. THE CANADIAN PRESS

Liberals deny plot to remove Ignatieff

Liberal Leader Michael Ignatieff is shrugging off rumours of coup plots against him as "gossip," not to be taken seriously.

Ignatieff was responding to a column in Sunday's Toronto Star, which alleged that discontented MPs met with Bob Rae last week and vented their frustration with Ignatieff's leadership.

Rae and almost all the MPs mentioned in the story issued swift denials to the Star as soon as it appeared on the weekend, calling it "fiction."

"I think it starts by not taking Angelo Persichilli too seriously," Ignatieff said, referring to the author of the Star column. "Look, this is a tempest in a teacup. This is not serious business. There's journalism … and then there's gossip. And this is gossip."

"The column is a fiction of the columnist's own device."
MP Carolyn Bennett

"I was a participant in the conversation (cited in the column)," Toronto MP Carolyn Bennett said, "and Mr. Persichilli was not.

"I participated in a conversation about ensuring that Michael Ignatieff becomes the next prime minister of Canada. The column is a fiction of the columnist's own device."

Persichilli said he had not expected anyone to publicly confirm the column.

"I stand by my story," he said. "As for the credibility, I don't know who's more credible — someone who says that the Liberal party is divided or someone who says that it's united."

Tomorrow Ignatieff will mark one year since he landed in the top Liberal job, after Rae pulled out of the contest to replace Stéphane Dion. The party has its Christmas bash that night, but holiday cheer may be in short supply.

Though Ignatieff experienced a honeymoon in public opinion for the first six months of his reign, the past six months have been bruising ones, seeing Liberals at historic lows in the polls and featuring resignations, firings and organizational chaos.

This week, Ignatieff has the headache of the harmonized sales tax legislation and the potential for caucus dissent among B.C. and Ontario MPs who oppose the HST.

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TASOS KATOPODIS/GETTY IMAGES

Former Hollinger International CEO Conrad Black leaves U.S. federal court in this June 27, 2007, file shot in Chicago.

Black's appeal heading to U.S. Supreme Court

LAW Conrad Black is taking his fight to the U.S. Supreme Court in a last-ditch appeal that, if successful, could grant him the vindication he has long dreamed of and cast doubt on a controversial law used to trap white-collar criminals.

Black, a member of the British House of Lords, has been serving a 6½-year prison term at the federal prison in Coleman, Fla., for fraud and obstruction of justice. He will not be present at the hearing in Washington today.

His lawyers have readied an attack that focuses on the right to honest services — a concept developed to convict corrupt politicians who were seen as defrauding the public of their "honest services" as public servants — and whether it should apply to private conduct.

In documents filed ahead of the hearing, lawyers for Black and two co-defendants argue the government stretched that concept to fit the men's crimes and based it on the evidence of David Radler, the prosecution's star witness.

The U.S. government, for its part, says a proper reading of the law means the convictions must stand, and argue the trial jury was given all the proper instructions relating to honest services fraud.

James Morton, a Toronto criminal lawyer who has followed Black's case, said a win is unlikely, adding he wouldn't put Black's chances above one-third.

THE CANADIAN PRESS

Low prices hurting seal industry

HUNT Hardy Troake loves being a fisherman just as much as his father, and his father before him, loved a life earned from the sea. But it's a passion he hopes will wane in his own young son.

For the first time in 38 years, Troake, 53, stayed warm onshore last spring rather than risk the ice-laden North Atlantic, hunting seals for $14 a pelt.

Prices plunged from a high of $105 in 2006 as the global recession drove down demand for fur and the European Union mulled an animal rights-fuelled ban on seal products.

The Department of Fisheries and Oceans reported in May that just 306 sealing enterprises from Newfoundland and Labrador took part this year, compared to 977 last year.

THE CANADIAN PRESS

Chimp's owner won't be charged: Prosecutor
A Connecticut prosecutor does not plan to charge the owner of a chimpanzee that mauled and blinded a woman in February. THE ASSOCIATED PRESS

World

Step clears way for more U.S. controls

The Obama administration took a major step yesterday toward imposing the first U.S. government limits on climate-changing pollution from cars, power plants and factories, declaring there was compelling scientific evidence that global warming from manmade greenhouse gases endangers Americans' health.

The announcement by the Environmental Protection Agency was clearly timed to build momentum toward an agreement at the international conference on climate change that opened yesterday in Copenhagen. It signalled the administration was prepared to push ahead for significant controls in the U.S. if Congress does not act first on its own.

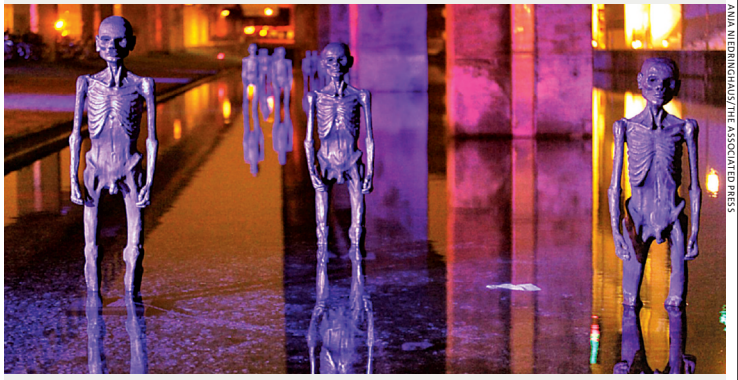
Go Green

The EPA finding clears the way for rules that eventually could force the sale of more fuel-efficient vehicles and require plants to install costly new equipment or shift to other forms of energy.

Energy prices for many Americans probably would rise — though yesterday's finding will have no immediate impact since regulations have yet to be written. Supporters of separate legislation in Congress argue they could craft measures that would mitigate some of those costs.

THE ASSOCIATED PRESS

Denmark **Climate conference opens**



ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

Illuminated sculptures outside the Bella Centre, site of the Climate Conference in Copenhagen, Denmark, yesterday. The largest and most important UN climate change conference in history opened with organizers warning diplomats from 192 nations that this could be the best, last chance for a deal to protect the world from calamitous global warming.

Protests return to Iran

TEHRAN Tens of thousands of students, many shouting "Death to the Dictator!" and burning pictures of Iran's supreme leader, took to the streets on more than a dozen campuses yesterday in the biggest anti-government protests in months.

Riot police and pro-government Basij militiamen on fleets of motorcycles flooded Tehran's main thoroughfares, beating men and women with clubs as crowds of demonstrators hurled bricks and stones. Some protesters set tires and garbage cans ablaze.

"Death to the oppressor, whether it's the shah or the leader!" the students chanted, according to witnesses — making a daring comparison between Supreme Leader Ayatollah Ali Khamenei and the pro-U.S. shah, despised in Iran since his overthrow in the 1979 Islamic Revolution.

The protests reflected how university students — the driving force of the 1979 Islamic Revolution — have revitalized the anti-government movement even as mainstream opposition politicians struggle to dent the power of President Mahmoud Ahmadinejad and Iran's clerical leadership.

Inside the walled campus of Tehran University, fistfights broke out between protesters and hard-line students loyal to the government.

THE ASSOCIATED PRESS

News in brief

PAKISTAN Separate bombings in the Pakistani cities of Lahore and Peshawar killed 46 people yesterday, as militants struck back in the wake of an army offensive against a Taliban stronghold near the Afghan border.

CHINA Chinese media reported yesterday that eight students were killed and another 26 injured in a school stampede in the central province of Hunan.

THE ASSOCIATED PRESS

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SCANLIFE

Diplomats ease fears that the Italian conviction of U.S. student Amanda Knox will lead to a crisis between the two nations. Scan this barcode for the full story.

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the Bay

Hawaii surfers anticipate biggest waves in years

Thousands of spectators and surfers are flocking to Hawaii's beaches to see the biggest waves in years crash ashore. Some of the world's most daring surfers took on the powerful and dangerous waves, which forecasters say could reach heights of 15 metres. THE ASSOCIATED PRESS

Canada jokes 'all in good fun': Ohno

Apolo Anton Ohno doesn't think Stephen Colbert is a jerk.

Responding to criticism of the mock pundit by U.S. speedskating star Shani Davis, teammate Ohno said yesterday he's amused by Colbert's antics — including a contrived feud with Olympic host Canada — and is glad that he stepped on board as the primary sponsor of the American team.

Stephen Colbert

That effort has raised more than $250,000 US, nearly making up a shortfall that resulted when the previous sponsor went bust.

Last week, Davis, a 2006 gold medallist on the long track, called Colbert "a jerk," apparently in reference to the comedian making light of actual complaints that Canada has limited training time for foreign athletes at the Vancouver venues in hopes of gaining a home-ice advantage during the Olympics.

The host of The Colbert Report recently launched a letter-writing campaign urging the Canadians to quit being "ice-holes."

"I have not talked with Shani about that yet," Ohno said. "I don't know what his reasons were for saying that. I can't speak on his behalf, but it was an interesting comment."

Ohno, a two-time Olympian who has won two golds and five medals overall in short-track speedskating, said he's a fan of Colbert.

"I think he's funny," Ohno said. "Our country is kind of in need of some humour right now, and it's all for a good cause."

What about Colbert's shots at Canada, which have included calling the neighbour to the north "syrup suckers?"

"It was a joke," Ohno said. "It was all in good fun. I just enjoy it."

U.S. Speedskating is certainly enjoying its relationship with Colbert, who offered his website to raise funds after Dutch bank DSB went bankrupt in October. In return, most American skaters are wearing the Colbert Nation logo on their suits and the comedian is getting a chance to have some fun.

THE ASSOCIATED PRESS

Somalia **Demonstrations broken up**

ABD RAOUF/THE ASSOCIATED PRESS

Sudanese demonstrators rally demanding electoral reforms, ahead of next year's national elections, in the capital city of Khartoum yesterday. Tear gas and batons were used to break up the demonstration.

Judge orders student to destroy downloaded music

BOSTON A graduate student who must pay four record labels a combined $675,000 US in damages for downloading and sharing songs online has been ordered to destroy his illegal music files — but a judge declined to force him to stop promoting the activity that got him in trouble.

Joel Tenenbaum, a Boston University student, was ordered yesterday to refrain from future copyright violations and to destroy copies of recordings he downloaded without authorization.

Record companies wanted U.S. District Judge Nancy Gertner to go further. They claimed Tenenbaum has been encouraging people to visit a Swedish website where they can illegally download the songs he was sued for sharing.

THE ASSOCIATED PRESS

News in brief

MARIJUANA Paraguay has become South America's leading marijuana producer, its interior minister acknowledged in an interview. The latest UN World Drug Report estimates that Paraguay's pot industry grew 5,900 tons of the weed last year, more than half the continent's entire clandestine production.

THE ASSOCIATED PRESS

Florida teen says she was refused McDonald's interview because of gender
A transgender teenager says managers at a McDonald's restaurant in Florida discriminated against her when they refused to interview her for a job. Zikerria Bellamy, 17, said two managers wouldn't interview her on two occasions. Later, she said a manager left her a voicemail, using a gay slur to let her know she wouldn't be hired. THE ASSOCIATED PRESS

N. Korea grilled before UN rights council

North Korea made a rare appearance before a UN human rights organization yesterday, facing accusations of widespread abuses such as forced labour, public executions and torture.

The communist state, which also was accused of allowing its population to go hungry and forcing women prison inmates to have abortions, defended itself before the Human Rights Council during a three-hour session in surprisingly candid language. At one point, it said public executions were carried out at request of victims' families.

But North Korean Ambassador Ri Tcheul also told delegations the hearing was "unpleasant."

Limited arable land and natural disasters have prevented the government from being able to feed the entire population, Ri said. But he said the situation has improved in recent years. Diplomats weren't convinced.

Canada's representative, John Von Kaufmann, was among those who urged the mostly closed communist country to allow aid workers to bring food to the chronically undernourished population.

New Zealand's official, Wendy Hinton, said children and women are severely malnourished because the military has priority in receiving food.

The UN estimates that 8.7 million people need food in North Korea. The country has relied on foreign assistance to feed its population since the mid-1990s when its economy was hit by natural disasters and the loss of the regime's Soviet benefactor.

THE ASSOCIATED PRESS

Suspect in Danish terror case linked to Mumbai attack

CHARGES A Chicago man accused of planning an armed attack on a Danish newspaper was charged yesterday with conducting surveillance on potential targets in the Indian city of Mumbai before terrorist attacks there in 2008 that killed 166 people.

David Coleman Headley was charged with 12 counts, including six counts of conspiracy to bomb public places in India, to murder and maim individuals in India and Denmark and other offences. He could be sentenced to death if convicted on the charges involving the terrorist attacks in Mumbai.

Headley's attorney John T. Theis said he would "continue to look at this and see what the evidence is," but declined to comment further.

Authorities in Washington said Headley has cooperated with investigators in both the Danish and Indian plots since his arrest.

A retired major in the Pakistani military, Abdur Rehman Hashim Syed, was charged with conspiring to attack the Danish newspaper and its employees.

Headley, 48, an American citizen formerly named Daood Gilani, and Chicago businessman Tahawwur Rana, 48, a Canadian national, were charged in October with plotting to attack the Jyllands Posten newspaper.

THE ASSOCIATED PRESS

News in brief

THEFT Puerto Rican activists are calling for an investigation at a Philadelphia hospital where a respected community member died waiting for treatment. Police say 63-year-old Joaquin Rivera also had his watch stolen by a trio of criminals while slumped over in the waiting room. Rivera complained of chest pain at Aria Health's Frankford Campus on Nov. 28 but died before receiving care.

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Comment

Tories late to the table

You don't have to look too closely to notice a pattern in our governing Conservatives. They're late learners.

On two of the biggest trendlines of our time — global warming and the rise of China — they are among the last to the table.

In South Korea yesterday, Prime Minister Stephen Harper stated what has been obvious for many years — that Canada must increasingly look to the Asia-Pacific region for opportunities because it is the world's big growth area. He had come from China where he was scolded by the leadership for taking almost four years to visit.

Soon he will be off to Copenhagen for the UN climate change summit. A week ago, he was at a Commonwealth meeting in Trinidad, where Ottawa's foot-dragging on that issue was singled out by the UN Secretary General, as well as other leaders.

In Denmark he may surprise us and signal, as he did on trade with China, a new seriousness about the global warming issue. But even if he does, opposition critics have a right to wonder what took so long.

One explanation is Harper was a neophyte in foreign affairs when he became prime minister. His experience had been insular. He faced a steep learning curve. Another was his strong ties to his conservative roots. Conservatives believed Canada's economic future lay in an ever-closer economic partnership with the United States. As for global warming, they were longtime non-believers, as exemplified by the PM once labelling the Kyoto accord a socialist scheme.

"Conservatives understandably loathe the idea of new taxes but, as on other matters, old beliefs have to be adjusted to fit new circumstance."

For him and his party to get beyond the old-time religion has been a tough challenge. It was evident, too, in the Tories' handling of the economy. We recall little more than a year ago when the PM and his finance minister were among the last of the Western leaders to recognize the oncoming recession. They were holding to the view that there would be balanced budgets for years to come, that no great spurt of stimulus funding was necessary. They were then smart enough to abruptly switch course and bring in Keynesian-styled economic strategies that ran against party dogma.

Another breaking-with-dogma test will be on the subject of taxation. To date, the government is holding to the line that, despite a deficit bordering on $60 billion, no new taxes need be introduced to address it and avoid what many economists foresee as a structural deficit. Conservatives understandably loathe the idea of new taxes but, as on other matters, old beliefs have to be adjusted to fit new circumstance.

Hopefully, the gang that shoots late has learned by now that the adjustments shouldn't take years to come.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Structural leeway enables white-collar crime

If PricewaterhouseCoopers' annual survey is an accurate indicator, economic or "white-collar" crime in Canada is growing at a disturbing rate, and far faster than in other developed countries.

The accounting giant, which has been toting crime statistics in 26 nations for the past five years, finds, that in 2009, 56 per cent of Canadian companies surveyed reported instances of fraud, a 10 per cent increase since 2003. Globally, only 30 per cent of companies reported frauds this year, compared to 37 per cent in 2003.

The accounting firm's survey focuses on the various types of fraud — asset theft, accounting offences, money laundering, bribery and corruption — that are either perpetrated on companies by their own employees (59 per cent of the cases in 2009) or by outsiders including customers and suppliers (38 per cent of cases). The survey also makes the sobering point that economic downturns, such as the one we're in, increase "both the motivation and opportunity to commit fraud," just when cost-conscious companies are cutting back on resources used to assess risks and provide internal controls.

Still, this understates the problem of economic crime in Canada. What the survey doesn't delve into, however, is our longstanding structural predisposition toward fraudulent behaviour. Generally accepted Canadian accounting principles have long drawn criticism for the generous leeway they allow public companies to creatively shape financial results. This situation will only worsen when Canada adopts the new global accounting benchmark — International Financial Reporting Standards — in 2011. Even more than the current system, IFRS will allow companies leeway to make judgment calls when presenting results.

It hardly helps that Canada stumbles along with a network of 13 provincial and territorial securities commissions, most of which are ineffective at identifying or pursuing fraud.

To be fair, some progress is in the offing. Federal Finance Minister Jim Flaherty has been resolute in campaigning for a national securities commission against the parochial objections of Alberta and Quebec in particular. And in late October, the federal government introduced legislation to amend the criminal code to provide tougher sentences and other strictures against convicted fraudsters. The bill is currently at the committee stage.

Canada is taking baby steps when it should be making great strides, but some progress is better than none at all.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

MICHAEL DE ADDER

Worth mentioning

Texas man gives Santa a Renaissance makeover

A Texas homeowner who adorned his front lawn with Michelangelo's David as a scantily clad Santa got more than just jolly laughs from his neighbours.

Barry McBee says he was aiming to make people chuckle by adding a Santa hat and white beard to the 1.5-metre-tall replica of the Renaissance statue with six-pack abs — an image at odds with usual depictions of a fat, jolly St. Nick.

Then, parents started calling Big Spring city officials saying their children were asking why Santa was naked.

"I just like to shock people to make them laugh, kind of break the monotony around here," said McBee, who has all kinds of animal yard ornaments in his garage. "I just bring them out occasionally."

"I just like to shock people to make them laugh, kind of break the monotony around here."
Barry McBee

Last week, code enforcement officials received an informal complaint and an officer went to photograph where McBee had placed the statue, which is normally in the backyard.

McBee eventually put a pair of black and white faux-velvet shorts, with a Christmas bow, on the statue.

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Sesame Street toys find new home in Hasbro
Toy maker Hasbro Inc. said it will make and market toys and games based on Sesame Street characters starting in 2011. The deal takes the licence away from Mattel Inc. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Pension trustees 'totally failed:' Judge

The trustees of Canada's biggest private sector, multi-employer pension plan "totally failed" in restricting how much money the fund poured into questionable Caribbean hotels and resorts, a court has ruled.

Justice Beverly Brown of the Ontario Court of Justice ruled yesterday that trustees of the Canadian Commercial Workers Industry Pension Plan did nothing to make sure they limited investments in the Caribbean ventures to 10 per cent or less of the book value of the plan's assets in 2002 and 2003.

Brown said she heard no evidence at the trial into alleged breaches of the Ontario Pension Benefits Act that the plan's 10-member board of union and company trustees ensured a special investment committee complied with requirements to limit exposure.

"The only inference that can be drawn from the record, in the face of the clear duty of the members of the board of trustees to prudently and reasonably supervise the investment committee members in this regard, is that they totally failed in the duty to supervise with respect to the quantitive limits," Brown said in her long-awaited 124-page ruling.

The Financial Services Commission of Ontario charged the trustees in 2006 with 15 act violations including "failing to exercise the care, diligence and skill," in running the plan that prudent people would expect in handling another person's money.

But Brown dismissed most of the other charges against the trustees relating to the handling and propriety of the investments after the Crown did not introduce any expert testimony at the trial.

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Court eBay vs. Craigslist

BRADLEY C. BOWER/THE ASSOCIATED PRESS

California gubernatorial candidate and former eBay CEO Meg Whitman arrives at court to testify in the civil trial between eBay and Craigslist, yesterday in Georgetown, Del. The trial may be the first of a two-part, courtroom brawl between the online giants over their competing classified advertising businesses. Whitman allegedly oversaw eBay's aggressive 2004 purchase of a minority 28 per cent stake in Craigslist. She also still owns millions of dollars worth of stock in San Jose-based eBay.

It's too early to declare recovery will last: Bernanke

ECONOMY Despite some economic improvements, U.S. Federal Reserve chairman Ben Bernanke warned yesterday it's still too soon to declare that the budding recovery will last.

"We still have some way to go before we can be assured that the recovery will be self sustaining," Bernanke said in prepared remarks to the Economic Club of Washington.

The Fed chief repeated his belief that the recovery will continue at least into next year. But he cautioned that the U.S. economy is confronting some "formidable headwinds" — including a weak job market, cautious consumers and still-tight credit.

THE ASSOCIATED PRESS

Business in brief

SMARTPHONES Shares of BlackBerry-maker Research In Motion have taken a three per cent jump after the smartphone maker announced plans to increase its business in China. The company says it has a deal with Hong Kong-listed Digital China to distribute smartphones in mainland China.

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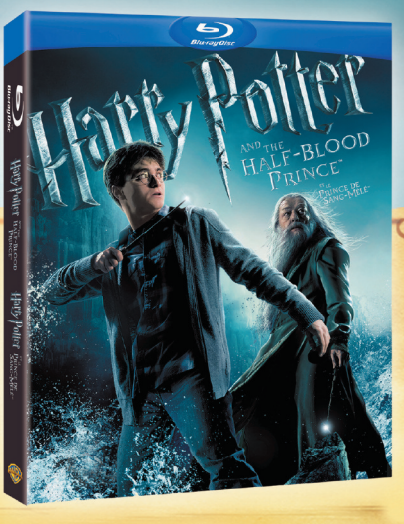

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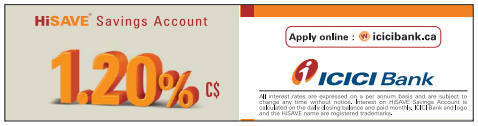


Gold could lose its shine

Investing

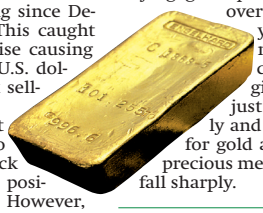
Allan Small

metronews.ca/investing

The U.S. unemployment rate ticked down for the first time in many months — 11,000 jobs were lost, the best reading since December 2007. This caught many by surprise causing a spike in the U.S. dollar and a quick sell-off of gold.

The market continues to rise on the back of these more positive numbers. However, perhaps some of the more "crowded trades" of this past year such as the shorting of the U.S. dollar and the buying of gold may be slowing down.

Precious metals, in particular gold, have been a great asset class to be invested in over the last few years. My main message is to be careful. If the U.S. dollar begins to strengthen there could be a mass exodus from the yellow metal. Just as investors have been buying gold quite rapidly over the last year, many could begin to sell just as quickly and the price for gold and other precious metals could fall sharply.



Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

6 steps to help you cope with job loss

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

The experts' proclamations about the end of the recession doesn't ease the pain of job loss, especially at this time of year. Here are six steps to help you through it.

1 Face up to the facts. The very worst thing you can do is retreat into denial. Some people even go to the extent of pretending they haven't lost their jobs. There's no shame in it, so spend your emotional energy on finding another one.

2 Keep to a routine. Jobs provide structure. Without it days become aimless and despondency can set in. Devote as much time looking for a new job as you would working.

3 Do a financial audit. When you or your spouse is out of work immediately inventory your debts and assets, income and expenditures to determine how much shortfall you might face. Then be proactive and adjust your spending accordingly.

4 Go for quick cash. If you are eligible for employment insurance apply for it immediately — you'd be surprised how many people delay because of embarrassment. If you're not eligible, look for any kind of work and any hours in order to maintain cash flow. Working will keep you energized and help you feel good about yourself.

5 Re-adjust your holiday plans. If you have already purchased gifts for other adults, return them and focus on your children if you have any. Kids get stressed when parents lose jobs so try to keep things normal. But be upfront with them to keep expectations in check.

6 Ask for help. If you are the holiday dinner host or like to entertain, tell your friends and family about your situation. Trust them to pitch in. This is the season of giving, after all.

Losing a job is akin to dying though not nearly so final. There's no real way to prepare for the pink slip but there are a few rules about what to do afterwards.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Enjoy holidays on tight budget

Q **Finances have been difficult and going into the holiday season does not bring me a lot of joy. Can you offer some financial advice?**
— Maurice, Newmarket, Ont.

A Here are a few tips to reduce stress:
- Give a thoughtful but inexpensive gift.
- Create a holiday budget and stick to it.
- Pay cash for all gifts — no credit cards please.
- Eat out less.
- Comparison shop.
- Buy gifts for kids only.
- Shop early. Last-minute shoppers tend to spend more.

Henry Choo Chong, CGA provides professional accounting and taxation solutions, choochonghcga@yahoo.ca.

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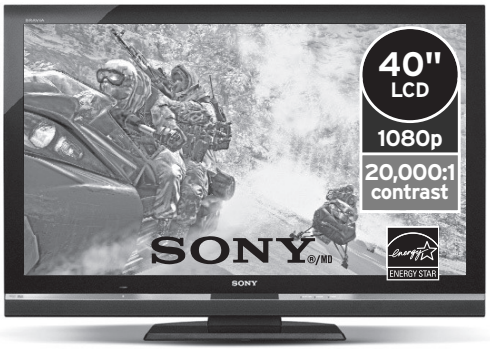

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Heisman finalists named

Tim Tebow and Colt McCoy are headed back to the Heisman Trophy presentation as finalists, along with running backs Mark Ingram and Toby Gerhart and defensive tackle Ndamukong Suh. The five finalists were announced yesterday. The Heisman Trophy will be awarded Saturday in Manhattan. THE ASSOCIATED PRESS

Sports

Herzog headed to Hall

Manager Whitey Herzog, left, and umpire Doug Harvey are the newest members of baseball's Hall of Fame. The Veterans Committee announced the voting results yesterday. Herzog managed in the majors from 1973-90, and won the 1982 World Series and three NL pennants with the St. Louis Cardinals. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

NHL Darren McCarty, a veteran of 15 NHL seasons who won four Stanley Cups with the Detroit Red Wings, officially announced his retirement yesterday. The 37-year-old McCarty spent 13 seasons with the Red Wings.

CURLING Defending national women's champion Jennifer Jones picked up her first win at the Canadian Olympic curling trials in Edmonton last night, notching a much-needed 11-5 win over B.C.'s Kelly Scott. Cheryl Bernard beat fellow Calgarian Crystal Webster 9-6 for her third win in a row.

CURLING Glenn Howard and Kevin Koe remained undefeated at the Canadian Olympic curling trials yesterday while Kevin Martin and Randy Ferbey both suffered defeats.

FOOTBALL Quarterback Jimmy Clausen and his favourite receiver, Golden Tate, will bypass their senior seasons at Notre Dame and enter the NFL draft. The school announced the players' decisions yesterday.

METRO NEWS SERVICES

Young skip generating buzz

Gunnlaugson a favourite with fans at Olympic curling trials

Move over Kevin Martin and Randy Ferbey. There's a new fan favourite emerging at the Canadian Olympic curling trials.

Jason Gunnlaugson is a 25-year-old, baby-faced skip with long shaggy hair who lists his occupation as an online poker player. And while he's considered an underdog to win a berth in the Vancouver Olympics, he is generating the most buzz this week in Edmonton.

Gunnlaugson, who lives in Winnipeg but curls out of the Beausejour Curling Club, snagged a spot in the trials at the pre-trials tournament in Prince George, B.C., last month.

He's only been skipping for a year but his boyish looks and confident swagger have made him a favourite with the fans at Rexall Place.

"As a huge curling fan myself I'm just so happy I get to watch and the front row seats are going to be amazing," he said yesterday. "It will be easy to keep focused on the game but in between ends you're going to be looking over and saying holy crap these guys are good."

Gunnlaugson says he has been learning from the veteran Canadian skips for years.

"Being the curling nerd I am we've been picking the brains of these guys for years and they probably thought, 'Oh, just some kids and now they're going to have to play us,'" he added. "We're just some kids expected by some to go 0-7 or 1-6. We just get to go surprise somebody."

Gunnlaugson lost yesterday to Kevin Koe, who played a conservative game and managed to capitalize on the youngster's misses in a 7-2 victory. The road doesn't get any easier for him, as he faces Glenn Howard today.

THE CANADIAN PRESS

"Being the curling nerd I am we've been picking the brains of these guys for years."
Jason Gunnlaugson

NHL Flames battle Kings

JEFF GROSS/GETTY IMAGES

Jay Bouwmeester of the Calgary Flames is pursued by Wayne Simmonds of the Los Angeles Kings in the first period at Staples Center last night in Los Angeles. **For a complete game recap, visit metronews.ca/sports.**

Coach sets bar high for national team

SOCCER Men's national soccer coach Stephen Hart made it clear yesterday that his goal is to get Canada back in the World Cup mix.

"I'm only looking forward," Hart said at a news conference. "I'm not worried about what happened before. I'm planning to get on with business."

Stephen Hart

Hart has served as interim head coach since Dale Mitchell was let go last spring, a few months after Canada posted a weak 0-4-2 record in qualifying for the 2010 World Cup.

THE CANADIAN PRESS

Officer sought Woods' blood test results: Police report

A Florida trooper who suspected Tiger Woods was driving under the influence sought a subpoena for the golfer's blood results from the hospital he was taken to after crashing his SUV, but prosecutors rejected the petition for insufficient information, according to a police report released yesterday.

A witness, who wasn't identified in the report, told trooper Joshua Evans that Woods had been drinking alcohol earlier. The same witness also said Woods had been prescribed two drugs, Ambien and Vicodin.

The report did not say who the witness was but added it was the same person who pulled Woods from the vehicle after the accident outside his home. Woods' wife, Elin, has told police that she used a golf club to smash the back windows of the Cadillac Escalade to help her husband out.

THE ASSOCIATED PRESS

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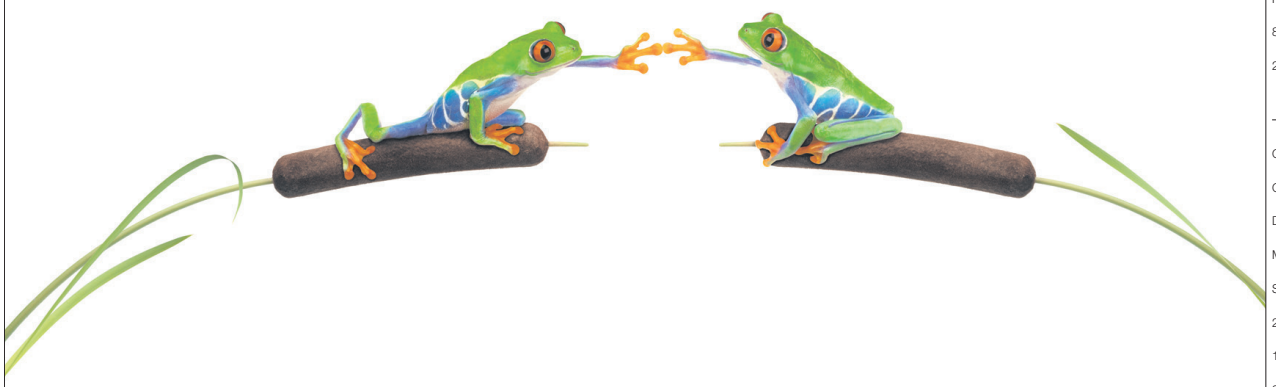

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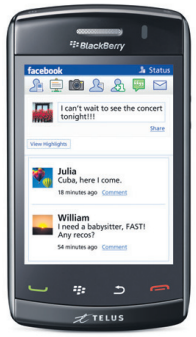

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Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Latest fitness trends coming in 2010

What's In and What's Out for those who are looking to stay in shape next year

CELIA MILNE
for Metro Canada

In a world where nothing stands still, fitness is no exception. Things are moving fast, and workouts, to stay relevant, have to be quick, efficient and lively.

Metro asked Geoff Bagshaw, group exercise director of Denman Fitness in Vancouver, to shine a light on the trends. When it comes to exercise in 2010, here's a look at what's IN and what's OUT.

What's IN

"Strength Training is probably the biggest trend for 2010," says Bagshaw. "The public is much more educated about the benefits of strength training; they realize the importance of including this in their workouts. Especially with the aging population, the emphasis on resistance training will be even greater."

Kettlebell Training will also be "in." For the uninitiated, a kettlebell looks like a large, black bowling ball, with a suitcase handle on it. It comes in different weights and people like seven-time Tour de France winner Lance Armstrong like to hoist a few.

Cross-Fit programs use movements based on gymnastics, weight-lifting, Kettlebell training and calisthenics.

"The workouts use whole body exercises rather than isolated movements to better mimic actions that are performed in everyday life," says Bagshaw.

TANNIS TOOHEY/TORSTAR NEWS SERVICE

Kettlebell training is one of the What's In fitness training methods for 2010.

"The workouts use whole body exercises rather than isolated movements to better mimic actions that are performed in everyday life." Geoff Bagshaw

Zumba and dance-based classes are on the rise Thanks to shows like So You Think You Can Dance' and Dancing with the Stars, the popularity of dance-based group exercise classes has taken off.

"Zumba, in particular, with its Latin dance moves and rhythms, has almost developed a cult-like following around the world," says Bagshaw.

Fusion workouts are hot, hot, hot.

These are workouts that combine two or more disciplines into one program.

"We often see names like Koga (Kickboxing and Yoga), Yogilates (Yoga and Pilates), Iron Yoga (Yoga using handweights), and Yoga Booty Ballet (Hip Hop, Yoga and Ballet combined)," says Bagshaw.

Express workouts.

These are often just 30 minutes in length, so people can get in and out of the gym quickly.

Including a shower, you can be back at work in 45 minutes.

What's OUT

Jumping on a cardio machine such as a rower, stationary bike or treadmill and then calling it a day is very out.

Singular workouts, such as running or walking are out.

Always add some stretching, weight-lifting and balance exercises to heighten the fitness experience.

Traditional aerobic and step-based group fitness classes are on the decline, says Bagshaw.

You can't jog off a night of drinking

CELIA MILNE
for Metro Canada

FITNESS Jogging off your hangover?

Drank too much at a Christmas party last night?

A British government survey recently found that almost one in five people admitted to exercising as a way of "making up for" a bout of heavy drinking.

But exercising does not undo the damage caused by over-indulging.

It may help you feel better in the short term, and certainly regular exercise is good for you, but working out doesn't negate the effects that a binge has on your liver.

Cirrhosis of the liver is a silent disease which develops over time from excess alcohol consumption.

Canadian guidelines suggest women consume no more than nine drinks a week and men 14.

And no, it's not advised to drink them all at once on Friday night.

The J Spot

Josey Vogels

In the wake of the Tiger Wood's scandal, read Josey Vogel's latest column about professional athletes, their wives and the culture of infidelity that goes on in professional sports at: metronews.ca/thejspot

The taco gets a makevoer

This month Taco Bell goes back to the basics with its new jet black corn taco shell. Along with the shell makeover, this new treat includes a special zesty pepper jack sauce. The tacos cost $1.30 each and are available until Jan. 10, 2010. METRO NEWS SERVICES

Food

Party appetizers

Tips on planning appetizers for a holiday cocktail party: As guests arrive, welcome them with spreads, dips and crudites, seasoned nuts and appetizers that you can arrange hours ahead and that won't go soggy in the fridge. As the party gets underway, serve appetizers that require last-minute arranging. Surround pates or terrines with crackers and breads, then garnish. Source: The Complete Christmas Book by The Editors of Canadian Living Magazine. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Delicious comfort dishes

There's a love affair between Canadians and their slow cookers.

I've heard them called everything from a "life-saver" to a "marriage saver." While I'm not sure I'd go quite that far, the slow cooker certainly has earned a spot in a growing number of kitchens. Bubbling away on the counter, it delivers reliably delicious braised and pot roasted dishes, sustaining soups, chilis, curries and pasta sauces, vegetables and much more. It even makes drinks, comfy desserts, dips and spreads.

The key is finding a really good cookbook to make your slow cooker work even harder. Look no further: The Slow Cooker Collection, our newest book, has arrived. It's well stocked with family-pleasing everyday favourites and dishes that take the fuss out of entertaining. Here's a small sampling to tease your taste buds.

It's slow cooker season!

Chicken Squash Curry from Canadian Living's newest book, The Slow Cooker Collection.

Sun-Dried Tomato and Artichoke Dip

MAKES 3 CUPS

This is a perennial party pleaser, one that's easy to make with pantry staples. Serve with a variety of crackers, pita chips and vegetables.

INGREDIENTS:

- 1 can (14 oz/398 mL) artichoke hearts
- 1 pkg (8 oz/250 g) cream cheese, cubed and softened
- 1/2 cup each sour cream and mayonnaise
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped drained oil-packed sun-dried tomatoes
- 1 clove garlic, minced
- 1/4 tsp pepper
- 2 tbsp chopped green onion

METHOD:

1. Drain artichoke hearts; pat dry and chop. Add to 1 1/2-quart (1.5 L) slow cooker along with cream cheese, sour cream, mayonnaise, Parmesan, sun-dried tomatoes, garlic and pepper; stir to combine.
2. Cover and cook on low, stirring twice, until blended and hot, about two hours. Sprinkle with green onion.

Chicken Squash Curry

PREP TIME: 8 MINUTES / COOK TIME: MAKES 4 SERVINGS26 MINUTES

INGREDIENTS:

- 2 Tbsp vegetable oil
- 1 lb boneless skinless chicken thighs, cubed
- 1 onion, chopped
- 2 hot green peppers, seeded and chopped
- 2 cups cubed seeded peeled butternut squash (about 1 lb/500 g)
- 3 Tbsp mild Indian curry paste
- 1 can (28 oz/796 mL) diced tomatoes
- 1/4 cup chopped fresh coriander

METHOD

1. In Dutch oven, heat half of the oil over medium-high heat; brown chicken. Remove to plate.
2. In same Dutch oven, heat remaining oil over medium heat; cook onion and hot peppers, stirring occasionally, until softened, about 5 minutes.
3. Add squash and curry paste; cook, stirring, until fragrant, about 1 minute.
4. Add tomatoes and bring to boil, scraping up brown bits. Return chicken and any juices to pan. Reduce heat, cover and simmer until squash is tender, about 20 minutes. Sprinkle with coriander.

online

For more recipes, visit canadianliving.com

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Brandy's bad rap

You've got to feel sorry for brandy. Long associated with cigar smoking old men; even getting name dropped in dozens of rap songs hasn't made it any more hip hop to drink.

The price is one problem. A decent brandy will set you back at least $20 with many — especially a top drawer French Cognac — well over $50. There's more trouble in the glass. Brandy may be distilled wine but its flavour can come across full-bodied and boozy with what seems like a raw, burnt-like taste. Plus, other than service from a snifter, what can you do with it?

To bring brandy into the 21st century its makers have reported for kitchen duty: looking for ways to associate their spirit with food and encouraging you to pour their creations ice cold.

I gave it a try by popping a bottle of **Rémy Martin's V.S.O.P. Cognac** ($67.49 - $87.95) into my refrigerator's freezer for a couple of hours and was impressed to find how the chill softened the perception of alcohol and enhanced its creamy butterscotch flavours; making it a great match with savory foods.

Coldplay works with Eno again

Coldplay is working with Brian Eno again on a new album. Frontman Chris Martin hopes the legendary music producer can help make the group's next LP sound more intimate. FEMALEFIRST.CO.UK

Entertainment

Adams Family

Amy Adams is pregnant with her first child, according to People magazine. Adams and her fiancé, Darren Legallo, were engaged last year. The baby is due early next year. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Idol stint helped Pigott land Erica gig

Pigott

PEOPLE You could consider it lucky that Sebastian Pigott's biggest acting gig to date also allowed him to show off his musical chops. He certainly does.

"That was the gift of this job, to get to play and write (music) as a part of the show," says the 26-year-old Torontonian, who played rock star-cum-barista Kai on CBC series Being Erica. The season finale airs tonight at 9 p.m.

The last time Pigott was on TV in a big way it was all about the music. He made it to the top eight of Canadian Idol.It turns out that had something to do with him getting the Erica job.

"Sebastian's appearance on Canadian Idol was important because we were looking for somebody who was authentically a musician," says series creator Jana Sinyor. "

TORSTAR NEWS SERVICE

Searching for balance

Chantal Kreviazuk stays connected to her children while on tour

KUMAR SAHA
Metro Canada

For Chantal Kreviazuk, a typical day on her current Canadian tour is a balancing act: Call her three boys in the morning. Get her vocals up to par for the show. Sneak out little moments to iChat with the kids. Sing her heart out on stage. Call the kids again before their bedtime.

"I'm pretty useless to them in the mothering role day-to-day right now out on the road. I can imagine how people who are away for extended periods from their children can be a little complacent and apathetic about calling, because it can often be more damaging than good sometimes. You can call and they can be frantic about saying goodbye," says the 35-year-old singer-songwriter.

"You have to get past that and realize that the child still needs to know that you love them and you are thinking about them."

Plain Jane is the latest album from Chantal Kreviazuk. She plays the Southern Alberta Jubilee Auditorium on Dec. 12.

This search for equilibrium between her musical and family roles seeps into Kreviazuk's latest album, Plain Jane — a title that might as well be the way the Winnipeg native would like to identify herself these days.

Being plain and ordinary doesn't come easy to someone who has been a staple on Canadian charts since her 1996 debut Under These Rocks and Stones. A long-standing marriage to Raine Maida, frontman of Toronto band Our Lady Peace, isn't exactly a recipe for anonymity either, nor is a home in the Big Smoke a secluded retreat for a Canuck pop couple. But what allows Kreviazuk to step out of the spotlight is her life in Los Angeles, where she can remain in the background crafting hits for artists such as Kelly Clarkson and Gwen Stefani.

"We're focused on family ... and our second jobs as songwriters in a totally different market place, different nation."
Chantal Kreviazuk

"We're focused on family ... and our second jobs as songwriters in a totally different market place, different nation. It's been a brilliant thing. I like me way better than I would have if I had been just the girl in Canada with the microscope on myself," she says.

Her self-effacing approach works well when it comes to family. But that doesn't necessarily mean she allows herself to get dwarfed by the million-selling singers she collaborates with in L.A.

"I realize that they came to me because there was something about me the artist that they wanted. So I should be building that into the songwriting process with them," she says.

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Pretty in Pink heartthrob takes on Gossip Girl
Andrew McCarthy, the star of some of the most iconic teen movies of the '80s, is getting back to his roots by taking on the CW's sexy drama, Gossip Girl. McCarthy will direct an episode set to air in the spring. **PEOPLE.COM**

Don't shake Howie's hand

Howie Mandel's autobiography looks at his life with phobias

IAN JOHNSTON
for Metro Canada

Comedian and game show host Howie Mandel says the best way to deal with his on-going mental issues has always been a good laugh.

"In comedy, nobody can hear you scream," says Mandel, who is currently promoting his autobiography Here's The Deal – Don't Touch Me, a candid look at his comedy life and his struggle with Obsessive Compulsive Disorder and Attention Deficit Hyper-activity Disorder.

"I'm always dealing with issues — whether it be OCD or ADHD. I'm terrorized constantly by intrusive thoughts, which inform what I do. The way I deal, and have always dealt with, those darkest moments is be funny."

Mandel, who got his start more than 30 years ago at Toronto's Yuk Yuks, says he never set out to be so personal in his book. But since his mental issues dominate his life — Mandel is a "germaphobe" who avoids even shaking hands — it was difficult to ignore.

GETTY IMAGES

Howie Mandel writes about his struggle with OCD and ADHD.

Plus — like all his career moves — he agreed to the book without thinking it through.

Here's The Deal– Don't Touch Me by Howie Mandel is in bookstores now.

"I said 'yes' without thinking what the ramifications of it would be. It was suppose to be a light and funny autobiography. That was the intent. If I'd thought about how honest I'd have to be, I wouldn't have done it," he says.

"But then again, if I would have thought what are the odds of being a successful comedian in LA? I probably wouldn't have done that either."

Still, entertaining thousands at sold-out concerts and hosting Deal Or No Deal does seem an odd career choice for a guy who doesn't like to be touched.

"Well, truth is what I'm doing right now - promoting the book, going to book signings or talking to you - that's all more one-on-one than comedy.

"I do a concert and I really don't make direct contact with anyone unless I want to."

Still, even Mandel hadn't anticipated he'd be on a book tour during the H1NI flu crisis. But as predicted, he finds some humour in that irony.

"But who would have guessed I'd be out promoting my book in the midst of this awful pandemic? And here's me out there signing books and meeting all these people. It's crazy."

Entertainment in brief

PACINO IN THE PARK Al Pacino meets William Shakespeare next summer in New York City's Central Park. The 69-year-old Pacino will portray Shylock in The Merchant of Venice, one of two offerings by the Public Theater's 2010 Shakespeare in the Park series. **THE ASSOCIATED PRESS**

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THE TIME metro

Shakira shakes up Oxford society club

PHILANTHROPY The Colombian singer who is famous for hits like Hips Don't Lie and Whenever, Wherever joins a diverse group of luminaries (including the Dalai Lama) when she addressed the Oxford Union yesterday in Oxford, England. The union is the ancient university's famous debating and social society. The 32-year-old is also a UNICEF ambassador, and addressed the union about the work of her Barefoot Foundation.
THE ASSOCIATED PRESS

In brief

MUSIC Daniel Powter, whose hit Bad Day reigned on top of the Billboard pop charts for five weeks in 2006, was named as the decade's top one-hit wonder by Billboard.

NEWSCAST Diane Sawyer says this week is her last as co-anchor of ABC's Good Morning America as she prepares to replace Charles Gibson on World News. **THE ASSOCIATED PRESS**

Kenya's Style
Kenya Hunt
Exclusively at metronews.ca/globalstyle

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
12/8/09 primetime	267	351 - ACCESS	Alberta Primetime (Live)		*The Bourne Identity* ★★★ (2002, Suspense) Matt Damon, Chris Cooper.					Old Christine	Primetime
	243	317 3 CFCN	etalk	Hollywood	Law & Order: Special Victims		So You Think You Can Dance (HDTV) (N)				News
	-	- 4 OMNI	The Office	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Charlie Brown	Prep- Landing	Scrubs	Better Off Ted	the forgotten
	245	306 6 CBRT	Wheel-Fortune	Jeopardy! (N)	Santa Claus Is Comin' to Town		Being Erica (N) (DVS)		CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	The Good Wife "Home"		NCIS "Toxic" (HDTV)		NCIS: Los Angeles		News Final (N)
	246	- 8 CKAL	Law & Order: SVU		The Jay Leno Show (N)		The Biggest Loser The "Biggest Loser" is announced.				Your City
	119	705 9 CBXFT	Virginie (SC)	La Facture	*Duo* (2006, Com. Sentimentale) Anick Lemay. (SC)				Le Téléjournal Nouvelles. (SC)		TJ Alberta
	-	- 10 SHAW	(6) Local Programming						Local Programming		
	-	372 12 KREM	News	Hollywood	The Doctors		NCIS "Toxic" (HDTV)		NCIS: Los Angeles		The Good Wife
	-	374 14 KSPS	PBS NewsHour (N)		Nova (HDTV)		Savage Planet		Frontline (HDTV) (DVS)		Independent
	502	390 15 CBC	CBC News: The National		CBC News: the fifth estate		CBC News: The National		CBC News: The National		fifth estate
	-	370 16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser The "Biggest Loser" is announced.				Jay Leno Show
	-	373 22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	So You Think You Can Dance (HDTV) (N)				News
	297	652 37 WPIX	Melrose Place (N)		PiX News at Ten Tong.		Two/Half Men	Friends	Friends	According-Jim	Family Guy
news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502 31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
sports	400	400 21 TSN	(6) Curling 2009 Tim Hortons Roar of the Rings.				SportsCentre (HDTV)		Boxing (HDTV)		
	408	418 27 net	MMA Conn	UEFA Champions League Soccer Teams TBA.					Sportsnet Connected		MMA Conn
	410	403 30 SCORE	Basketball	Court Surfing NBA news, scores and highlights.			Drafted Finale		Score Now		Score Now
	411	457 44 OLN	Survivorman		Ghost Hunters International		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters
	417	406 48 SPEED	Super Bikes!	Challenge	Dangerous Drives (HDTV)		Pass Time	Pass Time	Monster Jam (HDTV)		Super Bikes!
family	552	543 20 YTV	iCarly	iCarly	The Legend of Frosty the Snowman			Hates Chris	8 Simple Rules	What I Like	Family Biz
	557	541 39 FAM	Han. Montana	Wizards-Place	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	555	545 67 TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
cable variety	575	583 11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons	Wilsons	Reba	Reba	According-Jim
	553	546 17 TREE	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	House-Sell	Confidential	Friends	Friends	*Borrowed Hearts* (1997, Drama) Roma Downey.				*Crazy-Chris.*
	521	560 24 TLC	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Table for 12	Table for 12	18 Kids-Count	18 Kids-Count	Little Couple
	603	561 25 FOOD	The F Word (N)		Good Eats		Iron Chef America		Unwrapped	Unwrapped	The F Word
	615	520 26 A&E	Paranormal	Paranormal	Paranormal	Paranormal	Paranormal	Paranormal	(10:01) Criminal Minds		Paranormal
	617	522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		*Voices* (2007, Suspense) Amy Acker.				Bones
	601	562 33 SLICE	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada	Whatever	Work Out		Brat Camp
	-	633 34 ENC2	Filmography	(7:25) *When the Bullet Hits the Bone* (1996)			*Cape Fear* ★★★ (1991, Suspense) Robert De Niro.				*Last Boy Scout*
	520	505 35 DISC	Destroyed	Destroyed	Time Warp (N)		Daily Planet		Destroyed	Destroyed	Time Warp
	620	523 36 BRAVO	(6) *A Hard Day's Night*		At the Concert Hall (N)		Law & Order		Without a Trace		*Hard Day's*
	294	650 40 WPCH	The Cosby Show: A Look Back				Law & Order: SVU		*Clueless* ★★★ (1995, Comedy)		
	626	547 41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham
	-	539 42 TCM	*Radio Days*	(7:45) *The Cobweb* ★★ (1955, Drama) Richard Widmark.					*The Night of the Iguana* (1964, Drama)		
	628	584 43 SPIKE	Super Dave	Ultimate Knockouts 2		UFC 107 Countdown (N)		Scariest Police Chases 3		Ways to Die	CSI: Crime Scn
	522	516 45 HIST	Ultimate Engineering		Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Engineering
	627	528 46 SPACE	Medium (N)		Fringe "Snakehead" (N)		InnerSpace (N)	Stargate SG-1		Star Trek: Next Gener.	
	-	- 47 AMC	(6) *Grease* ★★★ (1978, Musical)			*The Jewel of the Nile* ★★ (1985, Adventure) Michael Douglas.					*Grease* (1978)
	619	525 49 TROP	Prod. Parker	Prod. Parker	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy
	600	564 50 HGTV	Pure Design	Genevieve	House Hunters	House Hunters	Holmes on Homes		HGTV's Top 10	Design Inc.	Pure Design
	501	391 52 CTV	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	News
	504	508 70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
	526	507 92 VIVA	The Closer "Borderline"		Cold Case "The House"		Psychic Inv.	Encounters	Judging Amy		Missing
	269	350 93 APTN	Fish Out	Mixed Blessing	Cashing In	Rabbit Fall	Blackfly	Moose TV	Rez Rides	Moccasin Flats	Short Cuts
	-	- 94 MCP	World News	News	Sewing Maid	Boys Over Flo	Il Caffe		In Germany	Euromaxx	Schauplatz
	571	581 100 MMM	I Want to Work for Diddy		Entourage	Wild 'n Out	mmtop10.ca		I Want to Work for Diddy		Entourage
	570	580 101 MM	To Be Announced		MuchNews	Love Court	MuchTop11at11		Pimp My Ride	My Own	MuchNews
	581	566 102 MTV	Catching Up: Teen Mom		Teen Mom (N)		MTV Live	Sex, News-Roll	Catching Up: Teen Mom		Teen Mom
	-	- 116 TV5	(5) Tout le monde en parle		Soluble	À comm	TV5 Le Journal	À communiquer			

critics' corner

At the Concert Hall
Singer-songwriter Jann Arden takes to the stage in this new episode, performing "Daughter Down," "A Million Miles Away" and other songs from her 10th studio album, "Free." No Jann Arden concert would be complete without her two biggest hits, "Good Mother" and "Insensitive," and her entertaining anecdotes about her parents. 8 PM on BRAVO

The Good Wife
Alicia finds herself immersed in her old life when she is asked to represent the teenage son of a former friend, an assignment that requires her to return to her old neighborhood. Christine Baranski, Josh Charles, Archie Panjabi and Chris Noth also star in "You Can't Go Home Again." 8 PM on CICT; 11 PM on KREM

Better Off Ted
Ted (Jay Harrington) and his colleagues at Veridian return for a second season as the company begins matchmaking employees based on their genetic compatibility, hoping to save on the health insurance bills associated with imperfectly bred children. Taye Diggs guest stars in the new episode "Love Blurts." 10:30 PM on KXLY

Matt Damon steps into the shoes of South African rugby player Francois Pienaar in Invictus.

It's all in the body

Damon trained hard for Invictus role

NED EHRBAR
Metro World News

Before Matt Damon could even think about working on the accent and muscles needed to portray South African rugby star Francois Pienaar in Invictus, he had a much more pressing concern: his height.

"The very first day I got to South Africa, Francois invited me over to his house for a gourmet dinner that he was cooking," Damon remembers about meeting the six-foot-three-inch Pienaar. "He opened the door and I looked up at him, and the first thing I ever said to Francois Pienaar in my life was, 'I look much bigger on film.'"

Though Damon is no stranger to heavy training after his work in the Bourne films, that was nothing compared to Invictus, he says.

"This is the fictionalized version of somebody's life. I don't want to let him down."
Matt Damon

"I was in better shape for this movie," Damon insists, owing the extra effort to his budding friendship with Pienaar. "This is his life. I don't want to embarrass him. If Jason Bourne looks a little flabby, that's on me. This is the fictionalization of somebody's actual life. I didn't want to let him down."

As an added challenge, his work on Invictus came right after this fall's The Informant, in which he packed on a considerable amount of flab. "I had a good time putting the weight on, and then a tough time reshaping the weight," he says.

Though physically daunting, Damon was committed to doing the film because of the story it tells: Nelson Mandela using the 1995 Rugby World Cup to unite the citizens of South Africa after apartheid.

"As actors, we react to the material that's out there. I probably just react more strongly to things that I feel have some social value," he says.

"I remember (Mandela's) Boston visit. I remember the whole world tour. In my high school, we had the 'Free Nelson Mandela' ribbons. Kids were wearing those before they knew who he was."

Damon credits director Clint Eastwood for an incredibly easy working experience.

"You walk on some movie sets and it's like walking into an emergency room. And that tension bleeds into the performances and the film itself," he says. "But Clint just leads an incredibly tight ship."

Damon was particularly impressed with Eastwood's commitment to keeping things moving.

"After you do a take, he goes, 'Well, let's not f— this up by thinking about it too much.'"

Invictus opens in theatres Friday

OWN IT DECEMBER 8 ON DVD AND B

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Fifty years on, 3-D gets respect

Big name directors turn to genre

Since 3-D films were first introduced in the 1950s, they have functioned more as a novelty than a practical storytelling device. However, more than 50 years (and a whole lot of advances in technology) later, a new wave of 3-D is bringing forth a new frontier in filmmaking.

Re-released versions of the Toy Story films, left, and the upcoming Avatar are part of a new wave of 3-D films.

Led by veteran directors such as Robert Zemeckis and James Cameron, the medium is gaining more respect than it ever did in 3-D's second wave in the early '80s, where fuzzy knives and blurry sharks came at the audience like slow, predictable punchlines in Friday the 13th: Part III and Jaws 3-D, respectively.

Gone are the cardboard glasses with one red and one blue lens, but throughout Scrooge's journey in Zemeckis' Disney's A Christmas Carol, the 3-D effects can still be intrusive and they are not at all subtle.

However, most of the 3-D effects add substantial depth to the beautiful computer-rendered streets of London. Each detail of Ebenezer is lifelike in fusing his emotional plight with the surreal concoctions of animators to engage audiences in a whole new way.

And Avatar, Cameron's epic about humans exploiting foreign resources on another planet has been rumoured to have cost as much as $500 million to make.

Though Fox Filmed Entertainment chairman Jim Gianopulos recently dismissed that figure as "ridiculous," the film does use unprecedented camera and computer technology that many outlets are promising will change the future of filmmaking.

And Gianopulos said he has no doubt the film will turn a profit, which may mean that 3-D could finally prove to be much more than a gimmick.

Three ages of 3-D

- Bwana Devil (1952): The first feature-length movie in 3-D helped launch the craze in the early '50s. Starring Robert Stack, the drama is about the building of the Uganda Railway.

- Friday the 13th: Part III (1982), Jaws 3-D (1983) and Freddy's Dead: The Final Nightmare (1991): The Holy trinity of 3-D cinema, these horror pics represent the apex of 3-D film technology in the '80s. Laden with unapologetic gimmicks, they attracted audiences with rollercoaster-type thrills.

- Toy Story and Toy Story 2 (2009): Launched almost 14 years ago, the recently 3-D'd double feature reminds us that a movie should rely on story not technology in order to please audiences. Still as charming and funny as ever, you almost forget about the 3-D effects as you become emotionally invested in our tiny plastic heroes.

METRO WORLD NEWS

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Michael admits to drug use

George Michael has admitted to smoking crack cocaine. The former Wham! singer has spoken out about his use of the Class A drug and claims he has smoked it "once or twice," femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Celebrity tweets

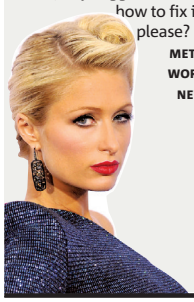
Chris Brown gets a kick out of clumsy paparazzi, Diablo Cody likes to travel prepared, and Paris Hilton uses Twitter for tech support,

• @MechanicalDummy in the airport and camera guy asked me stupid questions then ran into a pole.. hella funny

• @diablocody Don't ever try to bring novelty brass knuckles on a plane. Even if they're pink. I speak from experience.

• @ParisHilton I was at dinner last night and someone spilled their drink on my blackberry and now it's broken. :(Any suggestions on how to fix it please?

METRO WORLD NEWS



Brown feels 'embarrassed'

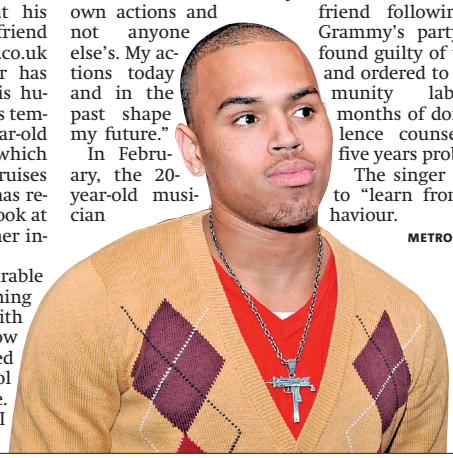
POOR BABY Chris Brown is "embarrassed" about his assault on his ex-girlfriend Rihanna, femalefirst.co.uk reports. The singer has spoken out about his humiliation at losing his temper with the 21-year-old beauty in an attack which left her covered in bruises and bite marks and has revealed he still can't look at the photographs of her injuries.

He said: "It's unbearable to view. It's something that I have to live with every time they show it. I'm embarrassed that I couldn't control my anger at that time. It's a reminder that I have to be in control of my own actions and not anyone else's. My actions today and in the past shape my future."

In February, the 20-year-old musician lashed out at his ex-girlfriend following a pre-Grammy's party. He was found guilty of the assault and ordered to 80 of community labour, 12 months of domestic violence counselling and five years probation.

The singer has vowed to "learn from" his behaviour.

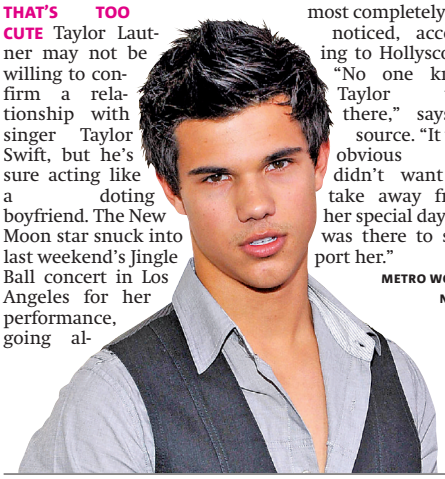
METRO WORLD NEWS



Teen wolf likes to dote

THAT'S TOO CUTE Taylor Lautner may not be willing to confirm a relationship with singer Taylor Swift, but he's sure acting like a doting boyfriend. The New Moon star snuck into last weekend's Jingle Ball concert in Los Angeles for her performance, going almost completely unnoticed, according to Hollyscoop. "No one knew Taylor was there," says a source. "It was obvious he didn't want to take away from her special day. He was there to support her."

METRO WORLD NEWS



Spears family plays down claims

BIG CHANGES? Britney Spears' family is going on the defensive, denying wild claims made by Courtney Love that Britney was molested as a young girl by father Jamie Spears, according to Rush & Molloy.

Also, femalefirst.co.uk is reporting Britney Spears' conservatorship could end soon. The 28-year-old singer's father — who was made co-conservator of her personal and professional affairs after her public breakdown in 2008 — has met with lawyers and wants a judge to review the conditions of the agreement now Britney's Circus tour has ended. METRO WORLD NEWS

Tattoo honours pal

OR SO SHE SAYS... The world seemed up in arms after photographers snapped Miley Cyrus in a hot pink bikini that prominently displayed her new tattoo that reads "Just Breathe," popeater.com reports. Well, according to Perez Hilton, the 17-year-old's ink actually honours the memory of one of her close friends that passed away due to Cystic Fibrosis.

METRO NEWS SERVICES

Today Cloudy & cold -14 C / -27 C
Wednesday Cloudy & cold -16 C / -20 C
Thursday Morning clouds -17 C / -21 C

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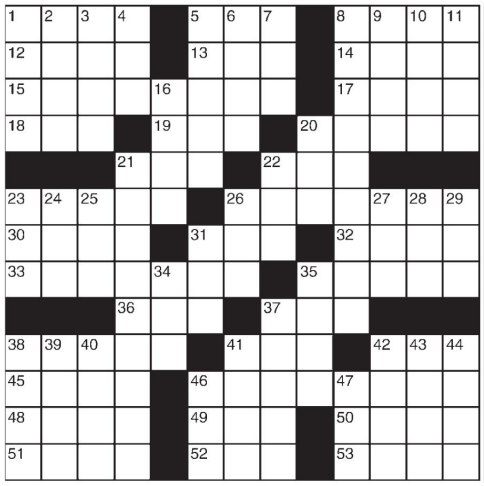
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		1				2		
			4		5			
7	5						8	9
		7	3		2	9		
2	4						3	1
		9	5		1	6		
3	9						6	7
			7		8			
		8				5		

ACROSS

1 Complain
5 Fido's reply
8 Cupola
12 Sandwich cookie
13 Spelling contest
14 Concept
15 Show to be false
17 Drunkards
18 Perched
19 Type measures
20 Aerosol output
21 Newcomer to society
22 By way of
23 August forecast word
26 Soldier
30 Eye part
31 Former Saturn model
32 Race place
33 Soda purchase
35 Cruising
36 Whopper
37 Pigpen
38 Needed liniment
41 Carnival city
42 Stitch
45 Circus performer?
46 Send
48 Some deer
49 Eggs
50 Give a hoot
51 Lecherous look
52 Slithery fish
53 Verifiable

DOWN

1 Pollacks' kin
2 Met melody
3 Take ten
4 Burst
5 Mushroom cloudmaker
6 Guns the engine
7 Doctor's due
8 Difference
9 Stench
10 Transcending (Prefix)
11 Simple
16 Clari-netist's sliver
20 Madam's mate
21 Annoy
22 Forefront
23 That man's
24 Swiss canton
25 Blend
26 Stir-fry vessel
27 — and outs
28 Praise in verse
29 Scandinavian rug style
31 Hockey venue
34 Help
35 On
37 Rope fiber
38 Roundish hairstyle
39 Block the pipes
40 Shoe part
41 Split apart
42 Celebrity
43 Beige
44 Roller coaster shout
46 Anonymous John
47 Performance

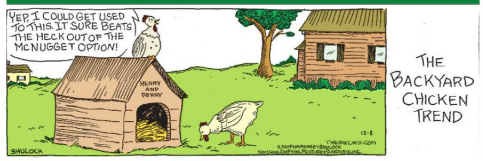
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

B	A	T		A	C	T		S	E	R	A
A	L	U	M		M	O	O		E	M	I	R
T	O	R	I		P	O	D		C	U	B	E
H	E	N	N	A		S	O	L	O			
			U	S	E		S	E	N	I	L	E
P	A	N	T	H	E	R		A	D	D	E	R
O	B	O	E		K	O	I		C	L	A	N
P	L	U	S	H		B	O	T	H	E	R	S
S	E	N	T	R	Y		N	R	A			
			E	S	A	U		I	N	L	A	W
L	I	R	A		C	P	A		C	O	R	A
A	M	O	K		H	O	P		E	V	I	L
O	P	T	S		T	N	T			E	L	K

1	3	6	5	7	8	9	4	2
8	5	2	9	1	4	3	6	7
7	9	4	6	2	3	8	5	1
4	8	5	7	3	1	6	2	9
3	7	9	2	5	6	4	1	8
2	6	1	8	4	9	7	3	5
9	1	7	4	6	5	2	8	3
5	4	8	3	9	2	1	7	6
6	2	3	1	8	7	5	9	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Salmon Puffs with Tzatziki

INGREDIENTS:
3/4 lb (375 g) pack pre-rolled puff pastry
5 1/3 oz (160 g) skinless salmon fillet, cut into 1/2-in. (1 cm) squares
1/4 lb (125 g) frozen fava beans
1 oz (30 g) fresh dill, chopped
1 oz (30 g) snipped fresh chives
1 egg, beaten
1/2 cup (125 mL) ricotta cheese
1/2 cucumber
1 cup (250 mL) plain yogourt

METHOD:
1. Remove pastry from fridge. Preheat oven to 460°F (240°C). Put salmon squares in bowl and add frozen fava beans and herbs. Season and mix well.

2. Unroll pastry, then cut into four 7 x 3 1/3 -in. (17.5 x 8.5 cm) pieces. Brush egg lightly all over pastry. Mound salmon mixture in centres of pastry pieces. Place ricotta cheese on each mound of filling. Fold long ends of pastry up to meet over filling and pinch together at top. Press sides together to seal.

3. Transfer pastries to baking sheet and brush with egg. Bake until puffed and golden.

4. Meanwhile, grate cucumber into sieve and press out excess moisture over sink. Mix cucumber into yogourt. Transfer tzatziki to serving bowl and serve with hot salmon puffs.

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Someone who is jealous of your popularity and success will go out of their way to make life difficult for you today.

TAURUS ♉
APRIL 21-MAY 21
You may want to be honest but the planets warn you will have to bend the truth a little. Most likely you will do so to protect someone's feelings.

GEMINI ♊
MAY 22-JUNE 21
Avoid get-rich-quick schemes because they will cost you a lot more than they make. Keep them at arm's length.

CANCER ♋
JUNE 22-JULY 22
It is of the utmost importance today that you control your temper, no matter how much others may try to provoke you.

LEO ♌
JULY 23-AUG 23
If you promise something today you will have to keep it come what may, so think twice before making that pledge.

VIRGO ♍
AUG 24-SEPT 22
What you have been worrying about these past few weeks was not worth the time or the effort.

LIBRA ♎
SEPT 23-OCT 23
Your confidence may have taken a dive of late but the way things pan out today will convince you there was never very much to worry about.

SCORPIO ♏
OCT 24-NOV 22
Advice will come at you from all directions today, making it difficult to work out who is talking sense and who is talking nonsense.

SAGITTARIUS ♐
NOV 23-DEC 21
You are strongly advised to keep your money in your pocket today because once you start to flash the cash there will be no stopping you.

CAPRICORN ♑
DEC 22-JAN 20
Keep a low profile over the next 24 hours and keep looking forward to a time when you can show what you can do.

AQUARIUS ♒
JAN 21-FEB 18
Give voice to your feelings but don't let all your resentments come to the surface at the same time.

PISCES ♓
FEB 19-MARCH 20
Steer clear of people who tend to talk about nothing else but their aches and pains and what's gone wrong in their life.

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Jan. 20 & 27 • 1 wk.

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2nd passenger $0 +Taxes & other fees (including service charges): $218

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2nd passenger $0 +Taxes & other fees (including service charges): $218

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NH Krystal Ixtapa Beach • 3 1/2★
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Barceló Ixtapa Beach • 4★
All-Inclusive • Standard rm.
Jan. 9, 23 & 30 • 1 wk.

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Barceló La Jolla de Mismaloya • 4★
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Jan. 9 & 16 • 1 wk.

1st passenger $1659 +Taxes & other fees (including service charges): $269

2nd passenger $0 +Taxes & other fees (including service charges): $269

Crown Paradise Club: A Family Resort • 4★
All-Inclusive • Standard rm.
Jan. 9 – 30 • 1 wk.

1st passenger $1659 +Taxes & other fees (including service charges): $269

2nd passenger $0 +Taxes & other fees (including service charges): $269

Los Cabos

Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive • Junior suite
Jan. 23 • 1 wk.

1st passenger $2299 +Taxes & other fees (including service charges): $272

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Jamaica

Sunset Jamaica Grande Resort & Spa • 4★
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Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Jan. 4, 11, 18 & 25 • 1 wk.

PRIVILEGES

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Punta Cana via Calgary

Bavaro Princess All Suite Resort, Spa & Casino • 4 1/2★
All-Inclusive • Suite
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